

12:00 PM Race 1 Record 11.27, Amelia Reynolds, Newport, 2009
New East Division League Record

Pos	Bib	75m U11G	Club	Perf.
1	400	Amelia Reynolds	Newport Harriers	10.5
2	407	Caitlin Scarfi	Newport Harriers	11.1
3	408	Francis Manship	Newport Harriers	12.1
4	105	Aimee Yates	Aberdare VAAC	12.1
5	509	Michaela Williams	Rhondda AC	12.1
6	762	Elishka Coupar	Cardiff AAC	12.5
7	302	Hannah Goad	Hereford AC	12.6

12:00 PM Race 2 Record 11.27, Amelia Reynolds, Newport, 2009

Pos	Bib	75m U11G	Club	Perf.
1	229	Caitlin Finnerty	Cwmbran Harriers	11.8
2	402	Katie Shine	Newport Harriers	12.6
3	107	Eboni Sherwood	Aberdare VAAC	12.9
4	300	Cara Bennett	Hereford AC	13.0
5	329	Ella Morgan	Hereford AC	13.4

12:00 PM Race 3 Record 11.27, Amelia Reynolds, Newport, 2009

Pos	Bib	75m U11G	Club	Perf.
1	404	Aimee Wallace	Newport Harriers	12.1
2	203	Kate Evans	Cwmbran Harriers	12.2
3	410	Lily Fogherty	Newport Harriers	13.0
4	761	Jessica Jones	Cardiff AAC	13.3
5	10	Georgy Priest-Thompson	Chepstow Harriers	13.6

3:00 PM Race 1 Record 22.17, Amelia Reynolds, Newport, 2009
New East Division League Record

Pos	Bib	150m U11G	Club	Perf.
1	400	Amelia Reynolds	Newport Harriers	21.6
2	104	Holli Jehu	Aberdare VAAC	24.8
3	402	Katie Shine	Newport Harriers	25.5
4	509	Michaela Williams	Rhondda AC	25.8
5	205	Morgan McNally	Cwmbran Harriers	27.1
6	761	Jessica Jones	Cardiff AAC	28.6

3:00 PM Race 2 Record 22.17, Amelia Reynolds, Newport, 2009

Pos	Bib	150m U11G	Club	Perf.
1	407	Caitlin Scarfi	Newport Harriers	23.5
2	229	Caitlin Finnerty	Cwmbran Harriers	24.6
3	203	Kate Evans	Cwmbran Harriers	25.2
4	408	Francis Manship	Newport Harriers	25.3
5	105	Aimee Yates	Aberdare VAAC	26.0
6	762	Elishka Coupar	Cardiff AAC	26.0

3:00 PM Race 3

Record 22.17, Amelia Reynolds, Newport, 2009

Pos	Bib	150m U11G	Club	Perf.
1	202	Millie Fakande	Cwmbran Harriers	25.4
2	302	Hannah Goad	Hereford AC	26.0
3	404	Aimee Wallace	Newport Harriers	26.4
4	301	Rian Smith	Hereford AC	27.9
5	410	Lily Fogherty	Newport Harriers	28.7

1:10 PM Race 1

Record 3.01.0, Emma Lighthart, Newport, 2009

New East Division League Record

Pos	Bib	800m U11G	Club	Perf.
1	405	Emma Lighthart	Newport Harriers	2:50.9
2	762	Elishka Coupar	Cardiff AAC	2:54.4
3	412	Amy Little	Newport Harriers	3:00.9
4	401	Jessica Bradley	Newport Harriers	3:02.9
5	104	Holli Jehu	Aberdare VAAC	3:06.1
6	331	Paige Williams	Hereford AC	3:11.0
7	9	Polly Summers	Chepstow Harriers	3:15.0
8	508	Emily Pierce	Rhondda AC	3:20.0
9	409	Olivia Beckett	Newport Harriers	3:22.7
10	411	Alana Hardee	Newport Harriers	3:26.9

4:20 PM

Record 65.1, Team, Newport, 2009

New East Division League Record

Pos	Bib	4 x 100 relay U11G	Club	Perf.
1	494	U11 Scoring Team	Newport Harriers	64.3
2	294	U11 Scoring Team	Cwmbran Harriers	67.4
3	394	U11 Scoring Team	Hereford AC	69.3

4:20 PM

Record 65.1, Team, Newport, 2009

Pos	Bib	4 x 100 Guest Relay U11G	Club	Perf.
1	495	U11 Non Scoring Guest Team	Newport Harriers	69.3

12:05 PM Race 1

Record 12.0, Tyrone Tucker-Dixon, Newport, 2009

New East Division League Record

Pos	Bib	75m U11B	Club	Perf.
1	791	Deio Hughes	Cardiff AAC	11.3
2	304	Pascal Barsaq	Hereford AC	11.6
3	206	Max Sawkins	Cwmbran Harriers	11.7
4	13	James Hanlon	Chepstow Harriers	12.3
5	103	Thomas Roberts	Aberdare VAAC	12.7

12:05 PM Race 2

Record 12.0, Tyrone Tucker-Dixon, Newport, 2009

Pos	Bib	75m U11B	Club	Perf.
1	789	Daniel Swabey	Cardiff AAC	11.7
2	506	Ethan Bridge	Rhondda AC	11.9
3	605	Lewis Thomas	Rhymney Valley	12.2
4	422	Sam Taylor	Newport Harriers	12.4
5	102	Christian McCue	Aberdare VAAC	12.6
6	12	Matt Anderson	Chepstow Harriers	13.1

3:05 PM Race 1

Record 24.7, Tyrone Tucker-Dixon, Newport, 2009

New East Division League Record

Pos	Bib	150m U11B	Club	Perf.
1	304	Pascal Barsaq	Hereford AC	23.8
2	506	Ethan Bridge	Rhondda AC	24.2
3	100	Ewan James	Aberdare VAAC	25.3
4	605	Lewis Thomas	Rhymney Valley	25.8
5	12	Matt Anderson	Chepstow Harriers	28.6

3:05 PM Race 2

Record 24.7, Tyrone Tucker-Dixon, Newport, 2009

Pos	Bib	150m U11B	Club	Perf.
1	206	Max Sawkins	Cwmbran Harriers	24.3
2	610	Rodary Griffiths	Rhymney Valley	25.2
3	13	James Hanlon	Chepstow Harriers	25.6
4	103	Thomas Roberts	Aberdare VAAC	26.0

3:05 PM Race 3

Record 24.7, Tyrone Tucker-Dixon, Newport, 2009

Pos	Bib	150m U11B	Club	Perf.
1	206	Max Sawkins	Cwmbran Harriers	24.3
2	610	Rodary Griffiths	Rhymney Valley	25.2
3	13	James Hanlon	Chepstow Harriers	25.6
4	103	Thomas Roberts	Aberdare VAAC	26.0

1:20 PM Race 1

Record 2.53.66, Carwyn Penny, Newport, 2009

New East Division League Record

Pos	Bib	800m U11B	Club	Perf.
1	790	Tom Clark	Cardiff AAC	2:48.3
2	31	Cador Morgan	Chepstow Harriers	2:50.3
3	303	George Hudson	Hereford AC	2:50.8
4	100	Ewan James	Aberdare VAAC	2:56.4
5	421	Jack Haines	Newport Harriers	3:03.4
6	101	Daniel Matthias	Aberdare VAAC	3:07.7
7	102	Christian McCue	Aberdare VAAC	3:18.4

3:40 PM

Record 3.19, Amelia Reynolds, Newport, 2009

New East Division League Record

Pos	Bib	Long Jump U11G	Club	Perf.
1	400	Amelia Reynolds	Newport Harriers	3.25
2	301	Rian Smith	Hereford AC	3.16
3	300	Cara Bennett	Hereford AC	3.00
4	107	Eboni Sherwood	Aberdare VAAC	2.91
5	401	Jessica Bradley	Newport Harriers	2.90
6	405	Emma Lighthart	Newport Harriers	2.67
7	329	Ella Morgan	Hereford AC	2.66
8	105	Aimee Yates	Aberdare VAAC	2.62
9	408	Francis Manship	Newport Harriers	2.54
10	409	Olivia Beckett	Newport Harriers	2.53
11	9	Polly Summers	Chepstow Harriers	2.52
12	331	Paige Williams	Hereford AC	2.48
13	104	Holli Jehu	Aberdare VAAC	2.37
14	10	Georgy Priest-Thompson	Chepstow Harriers	1.80

1:10 PM

Record 4.88, Caitlin Scarfi, Newport, 2009

New East Division League Record

Pos	Bib	(2.0kg) Shot U11G	Club	Perf.
1	407	Caitlin Scarfi	Newport Harriers	5.39
2	508	Emily Pierce	Rhondda AC	5.04
3	300	Cara Bennett	Hereford AC	3.75
4	402	Katie Shine	Newport Harriers	3.52
5	329	Ella Morgan	Hereford AC	3.00

2:50 PM

Record 7.48, Emily Pierce, Rhondda, 2009

New East Division League Record

Pos	Bib	(300g) Javelin U11G	Club	Perf.
1	302	Hannah Goad	Hereford AC	10.79
2	202	Millie Fakande	Cwmbran Harriers	10.47
3	301	Rian Smith	Hereford AC	10.00
4	9	Polly Summers	Chepstow Harriers	6.61
5	404	Aimee Wallace	Newport Harriers	6.57
6	410	Lily Fogherty	Newport Harriers	6.55
7	411	Alana Hardee	Newport Harriers	6.36
8	331	Paige Williams	Hereford AC	5.64
9	10	Georgy Priest-Thompson	Chepstow Harriers	3.78

12:20 PM

Record 3.25, George Hudson, Newport, 2009

New East Division League Record

Pos	Bib	Long Jump U11B	Club	Perf.
1	791	Deio Hughes	Cardiff AAC	3.59
2	31	Cador Morgan	Chepstow Harriers	3.49
3	789	Daniel Swabey	Cardiff AAC	3.27
4	303	George Hudson	Hereford AC	3.13
5	13	James Hanlon	Chepstow Harriers	3.10
6	100	Ewan James	Aberdare VAAC	3.03
7	422	Sam Taylor	Newport Harriers	3.01
8	421	Jack Haines	Newport Harriers	2.90
9	12	Matt Anderson	Chepstow Harriers	2.69
10	418	Dylan Hill-Howells	Newport Harriers	2.66

2:00 PM

Record 4.95, Tyrone Tucker-Dixon, Newport, 2009

New East Division League Record

Pos	Bib	(2.72kg) Shot U11B	Club	Perf.
1	791	Deio Hughes	Cardiff AAC	5.66
2	303	George Hudson	Hereford AC	4.25
3	506	Ethan Bridge	Rhondda AC	4.14
4	418	Dylan Hill-Howells	Newport Harriers	3.91
5	789	Daniel Swabey	Cardiff AAC	3.67
6	421	Jack Haines	Newport Harriers	3.53

3:40 PM

Record 13.23, Pasqual Barsaq, Hereford, 2009

New East Division League Record

Pos	Bib	(300g) Javelin U11B	Club	Perf.
1	304	Pascal Barsaq	Hereford AC	14.45
2	31	Cador Morgan	Chepstow Harriers	14.41
3	418	Dylan Hill-Howells	Newport Harriers	7.01

12:15 PM Race 1

Record 15.44, Katie-Jane Priest, Newport, 2009

New East Division League Record

Pos	Bib	100m U13G	Club	Perf.	WS	AW	Grade
1	439	Katy Jane Priest	Newport Harriers	13.6		*	G1
2	115	Lowri Davies	Aberdare VAAC	14.1		*	G3
3	235	Jodie Beynon	Cwmbran Harriers	14.4		*	G4
4	310	Laura Morris	Hereford AC	14.8		*	
5	748	Alice Brennan	Cardiff AAC	15.1			
6	443	Morgan Woodward	Newport Harriers	15.4			
7	113	Holly Field	Aberdare VAAC	15.8			
8	19	Beth Rymer	Chepstow Harriers	16.4			

12:15 PM Race 2

Record 15.44, Katie-Jane Priest, Newport, 2009

Pos	Bib	100m U13G	Club	Perf.	WS	AW	Grade
1	754	Megan Williams	Cardiff AAC	14.4		*	G4
2	441	Melissa Roberts	Newport Harriers	14.6		*	G4
3	749	Bethan Trigg	Cardiff AAC	15.0			
4	111	Kaysha Hughes	Aberdare VAAC	15.6			
5	437	Danielle Morgan	Newport Harriers	16.5			

12:15 PM Race 3

Record 15.44, Katie-Jane Priest, Newport, 2009

Pos	Bib	100m U13G	Club	Perf.	WS	AW	Grade
1	112	Tasia Stephens	Aberdare VAAC	14.6		*	G4
2	114	Jesscia Lambert	Aberdare VAAC	14.7		*	G4
3	757	Rhian Ellis	Cardiff AAC	15.0			
4	758	Rhiannon Long	Cardiff AAC	15.7			
5	747	Abigail Walker	Cardiff AAC	16.0			
6	756	Nia Robinson	Cardiff AAC	16.6			

3:30 PM Race 1

Record 30.74, Emma Hennessey, Newport, 2009

New East Division League Record

Pos	Bib	200m U13G	Club	Perf.	WS	AW	Grade
1	439	Katy Jane Priest	Newport Harriers	29.1		*	G3
2	441	Melissa Roberts	Newport Harriers	30.4		*	G4
3	231	Chelsie Harris	Cwmbran Harriers	32.8			
4	114	Jesscia Lambert	Aberdare VAAC	32.8			
5	310	Laura Morris	Hereford AC	33.5			
6	778	Ashley Bundy	Cardiff AAC	34.1			
7	756	Nia Robinson	Cardiff AAC	35.3			
8	747	Abigail Walker	Cardiff AAC	35.8			

3:30 PM Race 2

Record 30.74, Emma Hennessey, Newport, 2009

Pos	Bib	200m U13G	Club	Perf.	WS	AW	Grade
1	235	Jodie Beynon	Cwmbran Harriers	29.6		*	G3
2	754	Megan Williams	Cardiff AAC	30.7		*	G4
3	440	Katy Hunt	Newport Harriers	30.7		*	G4
4	749	Bethan Trigg	Cardiff AAC	31.9			
5	443	Morgan Woodward	Newport Harriers	33.6			
6	308	katie Harman	Hereford AC	34.0			
7	116	Sophia Ali	Aberdare VAAC	34.3			
8	755	Naomi Pearce	Cardiff AAC	35.8			

1:40 PM Race 1

Record 2.44.63, Megan James, Cwmbran, 2009

New East Division League Record

Pos	Bib	800m U13G	Club	Perf.	WS	AW	Grade
1	231	Chelsie Harris	Cwmbran Harriers	2:39.8		*	G3
2	444	Cheyenne Sinclair	Newport Harriers	2:40.0		*	G3
3	753	Megan Tatnell	Cardiff AAC	2:48.0			
4	751	Kate Seary	Cardiff AAC	2:49.4			
5	440	Katy Hunt	Newport Harriers	2:49.7			
6	446	Bronwyn Satterly	Newport Harriers	2:59.1			
7	308	katie Harman	Hereford AC	3:00.4			
8	756	Nia Robinson	Cardiff AAC	3:21.7			
9	311	Iona Prosser	Hereford AC	3:21.9			
10	755	Naomi Pearce	Cardiff AAC	4:41.0			

4:10 PM

Record 5.34.46, Chelsie Harris, Cwmbran, 2009

New East Division League Record

Pos	Bib	1500m U13G	Club	Perf.	WS	AW	Grade
1	445	No Athlete Declared	Newport Harriers	5:23.7		*	G3
2	760	Matilda Matthews	Cardiff AAC	7:08.9			

2:40 PM Race 1

Record 13.9, Bethan Trigg, Cardiff, 2009

New East Division League Record

Pos	Bib	70m Hurdles U13G	Club	Perf.	WS	AW	Grade
1	749	Bethan Trigg	Cardiff AAC	13.0		*	G3
2	114	Jesscia Lambert	Aberdare VAAC	15.3			
3	757	Rhian Ellis	Cardiff AAC	15.9			
4	743	Toni-Marie Payne	Cardiff AAC	18.0			

4:25 PM

Record 60.10, Team, Newport, 2009

New East Division League Record

Pos	Bib	4 x 100 relay U13G	Club	Perf.	WS	AW	Grade
1	496	U13 Scoring Team	Newport Harriers	59.6			
2	196	U13 Scoring Team	Aberdare VAAC	61.6			
3	796	U13 Scoring Team	Cardiff AAC	62.3			
4	396	U13 Scoring Team	Hereford AC	66.3			

4:25 PM

Record 60.10, Team, Newport, 2009

Pos	Bib	4 x 100 Guest Relay U13G	Club	Perf.	WS	AW	Grade
1	797	U13 Non Scoring Guest Team	Cardiff AAC	65.0			

12:20 PM Race 1

Record 14.85, Mitchell Boswell, Newport, 2009

New East Division League Record

Pos	Bib	100m U13B	Club	Perf.	WS	AW	Grade
1	213	James Scarfi	Cwmbran Harriers	13.7		*	
2	108	Harry Evans	Aberdare VAAC	14.0		*	
3	449	Ryan Morgan	Newport Harriers	14.5			
4	770	Jacob Foley	Cardiff AAC	14.7			
5	312	George Jones	Hereford AC	15.0			
6	15	Jack Prince	Chepstow Harriers	15.0			
7	316	Simon Chapman	Hereford AC	15.5			
8	14	David Anderson	Chepstow Harriers	15.7			

12:20 PM Race 2

Record 14.85, Mitchell Boswell, Newport, 2009

Pos	Bib	100m U13B	Club	Perf.	WS	AW	Grade
1	772	Joshua Couper	Cardiff AAC	14.4			
2	606	Hywel Thomas	Rhymney Valley	14.5			
3	216	Cameron Greenslade	Cwmbran Harriers	15.3			
4	317	Sebastian Fry	Hereford AC	15.5			
5	240	Morgan Parry	Cwmbran Harriers	15.9			
6	237	Thomas Parry	Cwmbran Harriers	15.9			
7	18	Will George	Chepstow Harriers	16.1			
8	211	Owen Murphy	Cwmbran Harriers	17.5			

3:20 PM Race 1

Record 29.75, James Scarfi, Cwmbran, 2009

Pos	Bib	200m U13B	Club	Perf.	WS	AW	Grade
1	768	Luke Harry	Cardiff AAC	28.8		*	G4
2	108	Harry Evans	Aberdare VAAC	28.9		*	G4
3	607	Jason Deere	Rhymney Valley	31.0			
4	774	Sam Gough	Cardiff AAC	31.2			
5	240	Morgan Parry	Cwmbran Harriers	33.3			
6	14	David Anderson	Chepstow Harriers	34.3			

3:20 PM Race 2

Record 29.75, James Scarfi, Cwmbran, 2009

New East Division League Record

Pos	Bib	200m U13B	Club	Perf.	WS	AW	Grade
1	213	James Scarfi	Cwmbran Harriers	28.7		*	G4
2	461	Gabriel Johnson	Newport Harriers	30.5			
3	772	Joshua Couper	Cardiff AAC	30.7			
4	312	George Jones	Hereford AC	31.3			
5	216	Cameron Greenslade	Cwmbran Harriers	32.4			
6	18	Will George	Chepstow Harriers	34.2			
7	770	Jacob Foley	Cardiff AAC	34.9			

1:50 PM Race 1 Record 2.44.34, Luke Gill, Newport, 2009

New East Division League Record

Pos	Bib	800m U13B	Club	Perf.	WS	AW	Grade
1	764	Tom Johnson	Cardiff AAC	2:43.0			
2	607	Jason Deere	Rhymney Valley	2:46.6			
3	457	Jamie Hughes	Newport Harriers	2:47.8			
4	773	Ciaran Lewis	Cardiff AAC	2:49.7			
5	14	David Anderson	Chepstow Harriers	2:54.0			
6	456	Andrew Williams	Newport Harriers	2:56.1			
7	16	Manni Kempton	Chepstow Harriers	3:11.2			

4:00 PM Record 5.03.42, Rhys Norris, Newport, 2009

New East Division League Record

Pos	Bib	1500m U13B	Club	Perf.	WS	AW	Grade
1	453	Rhys Norris	Newport Harriers	4:57.7		*	G2
2	454	Liam Bradley	Newport Harriers	5:12.7		*	G4
3	767	Joe Macphearson	Cardiff AAC	5:35.8			
4	766	Charlie Heaton	Cardiff AAC	5:29.0			
5	769	Josh Kirk	Cardiff AAC	5:37.0			
6	608	Danny Morgan	Rhymney Valley	5:39.5			
7	109	Kyle Davies	Aberdare VAAC	6:02.1			

11:45 AM Race 1 Record , No Record Set ,

Pos	Bib	1000m walk U13G	Club	Perf.	WS	AW	Grade
1	311	Iona Prosser	Hereford AC	9:26.10			

2:10 PM Race 1 Record 15.87, Kyle Arnold, Newport, 2009

New East Division League Record

Pos	Bib	75m Hurdles U13B	Club	Perf.	WS	AW	Grade
1	450	Kyle Arnold	Newport Harriers	13.9		*	G3
2	462	Ross Burns	Newport Harriers	15.3		*	G4
3	15	Jack Prince	Chepstow Harriers	15.7		*	
4	315	Mathew Jones	Hereford AC	16.8			
5	30	Adam Keeble	Chepstow Harriers	17.2			
6	236	James Crook	Cwmbran Harriers	17.5			

4:40 PM Record 63.30, Team, Cardiff, 2009

New East Division League Record

Pos	Bib	4 x 100 relay U13B	Club	Perf.	WS	AW	Grade
1	496	U13 Scoring Team	Newport Harriers	58.8			
2	796	U13 Scoring Team	Cardiff AAC	61.3			
3	396	U13 Scoring Team	Hereford AC	61.6			
4	94	U13 Scoring Team	Chepstow Harriers	63.0			
5	296	U13 Scoring Team	Cwmbran Harriers	65.5			

4:40 PM Record 63.30, Team, Cardiff, 2009

New East Division League Record

Pos	Bib	4 x 100 Guest Relay U13B	Club	Perf.	WS	AW	Grade
1	497	U13 Non Scoring Guest Team	Newport Harriers	63.20			

3:30 PM

Record

1.30, Kate Seary / Lucy Maton, Cardiff, 2009

Pos	Bib	High Jump U13G	Club	Perf.	WS	AW	Grade
1	751	Kate Seary	Cardiff AAC	1.27		*	G4
2	752	Mary Ware	Cardiff AAC	1.21		*	G4
3	743	Toni-Marie Payne	Cardiff AAC	1.10			
4	753	Megan Tatnell	Cardiff AAC	0.90			

1:10 PM

Record

3.61, Jodie Beynon, Cwmbran, 2009

New East Division League Record

Pos	Bib	Long Jump U13G	Club	Perf.	WS	AW	Grade
1	235	Jodie Beynon	Cwmbran Harriers	3.71			
2	115	Lowri Davies	Aberdare VAAC	3.60			
3	440	Katy Hunt	Newport Harriers	3.56			
4	752	Mary Ware	Cardiff AAC	3.51			
5	437	Danielle Morgan	Newport Harriers	3.44			
6	310	Laura Morris	Hereford AC	3.44			
7	743	Toni-Marie Payne	Cardiff AAC	3.34			
8	111	Kaysha Hughes	Aberdare VAAC	3.32			
9	754	Megan Williams	Cardiff AAC	2.99			
10	19	Beth Rymer	Chepstow Harriers	2.93			
11	760	Matilda Matthews	Cardiff AAC	2.90			
12	332	Anna Little	Hereford AC	2.79			
13	747	Abigail Walker	Cardiff AAC	2.73			
14	308	katie Harman	Hereford AC	2.56			

11:30 AM

Record

6.94, Jess Williams, Hereford, 2009

New East Division League Record

Pos	Bib	(2.72kg) Shot U13G	Club	Perf.	WS	AW	Grade
1	309	Jess Williams	Hereford AC	7.16		*	G3
2	27	Darcy Wright	Chepstow Harriers	7.14		*	G3
3	232	Emma Norton	Cwmbran Harriers	5.63			
4	755	Naomi Pearce	Cardiff AAC	5.57			
5	116	Sophia Ali	Aberdare VAAC	5.32			
6	748	Alice Brennan	Cardiff AAC	5.28			
7	113	Holly Field	Aberdare VAAC	5.22			
8	311	Iona Prosser	Hereford AC	4.26			
9	332	Anna Little	Hereford AC	3.31			
10	753	Megan Tatnell	Cardiff AAC	3.13			

1:20 PM

Record

16.45, Jess Williams, Hereford, 2009

New East Division League Record

Pos	Bib	(0.75kg) Discus U13G	Club	Perf.	WS	AW	Grade
1	309	Jess Williams	Hereford AC	17.30		*	G3
2	232	Emma Norton	Cwmbran Harriers	16.03		*	G4
3	113	Holly Field	Aberdare VAAC	14.56		*	G4
4	751	Kate Seary	Cardiff AAC	13.29		*	
5	116	Sophia Ali	Aberdare VAAC	12.66			
6	758	Rhiannon Long	Cardiff AAC	11.99			
7	19	Beth Rymer	Chepstow Harriers	9.74			

2:00 PM

Record

20.57, Tasia Stephens, Aberdare, 2009

New East Division League Record

Pos	Bib	(400g) Javelin U13G	Club	Perf.	WS	AW	Grade
1	232	Emma Norton	Cwmbran Harriers	21.42		*	G2
2	112	Tasia Stephens	Aberdare VAAC	18.61		*	G3
3	309	Jess Williams	Hereford AC	15.38		*	G4
4	231	Chelsie Harris	Cwmbran Harriers	13.22		*	
5	443	Morgan Woodward	Newport Harriers	10.54			
6	752	Mary Ware	Cardiff AAC	10.36			
7	748	Alice Brennan	Cardiff AAC	9.00			

12:50 PM **Record** 1.33, Kyle Arnold, Newport, 2009

Pos	Bib	High Jump U13B	Club	Perf.	WS	AW	Grade
1	450	Kyle Arnold	Newport Harriers	1.31		*	G4
2	451	Stevan Russell	Newport Harriers	1.31		*	G4
3	213	James Scarfi	Cwmbran Harriers	1.25		*	
4	461	Gabriel Johnson	Newport Harriers	1.20			
5	315	Mathew Jones	Hereford AC	1.20			
6	764	Tom Johnson	Cardiff AAC	1.15			
7	462	Ross Burns	Newport Harriers	1.10			
8	771	Sam Maybank	Cardiff AAC	1.10			
9	460	Heddwyn Louden	Newport Harriers	1.10			
10	773	Ciaran Lewis	Cardiff AAC	1.05			

2:00 PM **Record** 4.29, Mitchell Boswell, Newport, 2009

Pos	Bib	Long Jump U13B	Club	Perf.	WS	AW	Grade
1	450	Kyle Arnold	Newport Harriers	4.11		*	G4
2	449	Ryan Morgan	Newport Harriers	4.08		*	
3	108	Harry Evans	Aberdare VAAC	3.98			
4	315	Mathew Jones	Hereford AC	3.98			
5	770	Jacob Foley	Cardiff AAC	3.93			
6	774	Sam Gough	Cardiff AAC	3.91			
7	461	Gabriel Johnson	Newport Harriers	3.86			
8	768	Luke Harry	Cardiff AAC	3.77			
9	772	Joshua Couper	Cardiff AAC	3.74			
10	16	Manni Kempton	Chepstow Harriers	3.61			
11	14	David Anderson	Chepstow Harriers	3.56			
12	15	Jack Prince	Chepstow Harriers	3.54			
13	317	Sebastion Fry	Hereford AC	3.41			
14	30	Adam Keeble	Chepstow Harriers	3.25			
15	18	Will George	Chepstow Harriers	3.14			
16	316	Simon Chapman	Hereford AC	3.05			
17	769	Josh Kirk	Cardiff AAC	2.83			
18	312	George Jones	Hereford AC	2.83			

2:50 PM **Record** 6.00, Harry Jones, Hereford, 2009**New East Division League Record**

Pos	Bib	(3.25kg) Shot U13B	Club	Perf.	WS	AW	Grade
1	106	Lloyd James	Aberdare VAAC	7.02		*	G4
2	769	Josh Kirk	Cardiff AAC	5.99			
3	314	Harry Jones	Hereford AC	5.70			
4	110	Sam Williams	Aberdare VAAC	5.68			
5	459	Jordan Bryant	Newport Harriers	5.58			
6	317	Sebastion Fry	Hereford AC	5.53			
7	505	Iestyn Davey	Rhondda AC	5.42			
8	460	Heddwyn Louden	Newport Harriers	4.76			
9	764	Tom Johnson	Cardiff AAC	4.35			
10	458	Jamie Bryant	Newport Harriers	4.28			
11	766	Charlie Heaton	Cardiff AAC	4.10			
12	771	Sam Maybank	Cardiff AAC	4.02			

2:10 PM

Record

15.43, Jordan Bryant, Newport, 2009

New East Division League Record

Pos	Bib	(1.0kg) Discus U13B	Club	Perf.	WS	AW	Grade
1	460	Heddwyn Louden	Newport Harriers	16.46		*	
2	451	Stevan Russell	Newport Harriers	16.06		*	
3	459	Jordan Bryant	Newport Harriers	15.53		*	
4	454	Liam Bradley	Newport Harriers	14.35		*	
5	505	Iestyn Davey	Rhondda AC	13.56			
6	314	Harry Jones	Hereford AC	12.26			
7	768	Luke Harry	Cardiff AAC	12.26			
8	458	Jamie Bryant	Newport Harriers	12.13			
9	774	Sam Gough	Cardiff AAC	11.85			
10	211	Owen Murphy	Cwmbran Harriers	10.89			

11:30 AM

Record

25.69, Stevan Russell, Newport, 2009

New East Division League Record

Pos	Bib	(400g) Javelin U13B	Club	Perf.	WS	AW	Grade
1	449	Ryan Morgan	Newport Harriers	27.21		*	G3
2	106	Lloyd James	Aberdare VAAC	22.42		*	G4
3	211	Owen Murphy	Cwmbran Harriers	18.80		*	
4	236	James Crook	Cwmbran Harriers	12.69			
5	773	Ciaran Lewis	Cardiff AAC	12.07			
6	505	Iestyn Davey	Rhondda AC	11.73			
7	314	Harry Jones	Hereford AC	11.30			
8	770	Jacob Foley	Cardiff AAC	10.26			
9	110	Sam Williams	Aberdare VAAC	7.86			

12:25 PM Race 1

Record 14.01, Bethan Wakefield, Newport, 2009

New East Division League Record

Pos	Bib	100m U15G	Club	Perf.	WS	AW	Grade
1	475	Bethan Wakefield	Newport Harriers	13.0		*	G2
2	244	Sophie Edwards	Cwmbran Harriers	13.5		*	G4
3	29	Lily Harris	Chepstow Harriers	14.0			
4	609	Limarah Thomas	Rhymney Valley	14.2			
5	740	Rebecca Davies	Cardiff AAC	14.3			
6	328	Connie Stowell	Hereford AC	14.7			
7	125	Katie Hall	Aberdare VAAC	15.6			
8	507	Chanelle Roberts	Rhondda AC	16.5			

12:25 PM Race 2

Record 14.01, Bethan Wakefield, Newport, 2009

New East Division League Record

Pos	Bib	100m U15G	Club	Perf.	WS	AW	Grade
1	732	Cyndi Kitenge	Cardiff AAC	13.0		*	G2
2	717	Alison Singleton	Cardiff AAC	13.3		*	G3
3	241	Fran Parkin	Cwmbran Harriers	13.8			
4	124	Naomi Richardson	Aberdare VAAC	15.0			
5	323	Jasmine Ravzi	Hereford AC	15.2			

3:15 PM Race 1

Record 27.91, Hannah Griffiths, Newport, 2009

New East Division League Record

Pos	Bib	200m U15G	Club	Perf.	WS	AW	Grade
1	479	Hannah Griffiths	Newport Harriers	26.4		*	G2
2	717	Alison Singleton	Cardiff AAC	27.3		*	G3
3	244	Sophie Edwards	Cwmbran Harriers	27.5		*	G4
4	746	Maisie Matthews	Cardiff AAC	28.3		*	
5	609	Limarah Thomas	Rhymney Valley	30.2			

3:15 PM Race 2

Record 27.91, Hannah Griffiths, Newport, 2009

Pos	Bib	200m U15G	Club	Perf.	WS	AW	Grade
1	739	Olivia Dyer	Cardiff AAC	27.9		*	G4
2	741	Rebecca Foley	Cardiff AAC	29.5			
3	321	Jade Williams	Hereford AC	30.1			
4	29	Lily Harris	Chepstow Harriers	30.2			
5	256	Malika Rezougui	Cwmbran Harriers	30.8			
6	328	Connie Stowell	Hereford AC	31.9			

3:15 PM Race 3

Record 27.91, Hannah Griffiths, Newport, 2009

Pos	Bib	200m U15G	Club	Perf.	WS	AW	Grade
1	241	Fran Parkin	Cwmbran Harriers	29.5			
2	740	Rebecca Davies	Cardiff AAC	30.5			
3	27	Darcy Wright	Chepstow Harriers	30.7			
4	700	Aleisha Ernest	Cardiff AAC	30.9			
5	323	Jasmine Ravzi	Hereford AC	31.1			

12:50 PM Race 1

Record 43.55, Hannah Griffiths, Newport, 2009

New East Division League Record

Pos	Bib	300m U15G	Club	Perf.	WS	AW	Grade
1	479	Hannah Griffiths	Newport Harriers	42.5		*	G1
2	719	Catrin Griffiths	Cardiff AAC	46.3		*	
3	736	Laura Trigg	Cardiff AAC	47.1			
4	718	Bethan Ellis	Cardiff AAC	47.9			
5	733	Francesca Morris	Cardiff AAC	48.6			
6	320	Tasha Webster	Hereford AC	56.2			

2:20 PM Race 1

Record 2.37.02, Isabelle Godfrey, Chepstow, 2009

Pos	Bib	800m U15G	Club	Perf.	WS	AW	Grade
1	256	Malika Rezougui	Cwmbran Harriers	2:40.7			
2	719	Catrin Griffiths	Cardiff AAC	2:46.6			
3	124	Naomi Richardson	Aberdare VAAC	2:48.8			
4	733	Francesca Morris	Cardiff AAC	2:51.3			
5	321	Jade Williams	Hereford AC	2:52.9			
6	320	Tasha Webster	Hereford AC	2:53.5			
7	737	Laura Woods	Cardiff AAC	2:59.0			
8	742	Tara James	Cardiff AAC	2:59.9			
9	125	Katie Hall	Aberdare VAAC	3:13.0			

3:50 PM

Record 5.34.76, Ellie Leek, Cwmbran, 2009

Pos	Bib	1500m U15G	Club	Perf.	WS	AW	Grade
1	734	Izzy Lewis	Cardiff AAC	5:39.70			

2:00 PM Race 1

Record 14.78, Leonora Foley, Cardiff, 2009

New East Division League Record

Pos	Bib	75m Hurdles U15G	Club	Perf.	WS	AW	Grade
1	741	Rebecca Foley	Cardiff AAC	12.6		*	G3
2	731	Chloe Phillips	Cardiff AAC	13.8		*	
3	28	Paige Wright	Chepstow Harriers	14.6			
4	507	Chanelle Roberts	Rhondda AC	19.4			

4:30 PM

Record 55.13, Team, Newport, 2009

New East Division League Record

Pos	Bib	4 x 100 relay U15G	Club	Perf.	WS	AW	Grade
1	798	U15 Scoring Team	Cardiff AAC	53.20		*	
2	498	U15 Scoring Team	Newport Harriers	54.70			
3	398	U15 Scoring Team	Hereford AC	59.90			

4:30 PM

Record 55.13, Team, Newport, 2009

Pos	Bib	4 x 100 Guest Relay U15G	Club	Perf.	WS	AW	Grade
1	799	U15 Non Scoring Team	Cardiff AAC	57.6			
2	97	U15 Non Scoring Team	Chepstow Harriers	58.8			

12:30 PM Race 1

Record 14.57, Oliver Hudson, Newport, 2009

New East Division League Record

Pos	Bib	100m U15B	Club	Perf.	WS	AW	Grade
1	250	Tom Norton	Cwmbran Harriers	12.1		*	G3
2	776	James Mclean	Cardiff AAC	12.1		*	G3
3	775	Jonathon Bailey	Cardiff AAC	12.6		*	
4	23	Cobi Robinson	Chepstow Harriers	12.7		*	
5	781	Lewys Jones	Cardiff AAC	12.7		*	
6	121	Ellis Evans	Aberdare VAAC	12.9			
7	327	Perry fry	Hereford AC	12.9			
8	787	Joe Jones	Cardiff AAC	15.3			

12:30 PM Race 2

Record 14.57, Oliver Hudson, Newport, 2009

Pos	Bib	100m U15B	Club	Perf.	WS	AW	Grade
1	221	Tyron Blake	Cwmbran Harriers	12.5		*	G4
2	225	Trafford Squire	Cwmbran Harriers	12.8			
3	778	Ashley Bundy	Cardiff AAC	13.2			
4	123	Brandon Sherwood	Aberdare VAAC	13.9			
5	782	James Gough	Cardiff AAC	13.9			
6	122	Rodri Davies	Aberdare VAAC	14.3			
7	21	Tom Prewett	Chepstow Harriers	14.8			

3:10 PM Race 1

Record 28.69, Oliver Hudson, Newport, 2009

Pos	Bib	200m U15B	Club	Perf.	WS	AW	Grade
1	121	Ellis Evans	Aberdare VAAC	27.2			
2	490	Curtis Goodger	Newport Harriers	27.5			
3	251	Stephen Scarfi	Cwmbran Harriers	28.0			
4	701	James Sharrem	Cardiff AAC	28.3			
5	777	Aiden Keay	Cardiff AAC	29.3			
6	25	Johnathan Rees	Chepstow Harriers	30.1			

3:10 PM Race 2

Record 28.69, Oliver Hudson, Newport, 2009

New East Division League Record

Pos	Bib	200m U15B	Club	Perf.	WS	AW	Grade
1	776	James Mclean	Cardiff AAC	26.5			
2	23	Cobi Robinson	Chepstow Harriers	26.9			
3	225	Trafford Squire	Cwmbran Harriers	27.2			
4	327	Perry fry	Hereford AC	27.6			
5	788	William Hutton	Cardiff AAC	27.8			
6	480	Liam Hardee	Newport Harriers	29.2			

12:40 PM Race 1

Record 68.02, Jack Fear, Newport, 2009

New East Division League Record

Pos	Bib	400m U15B	Club	Perf.	WS	AW	Grade
1	490	Curtis Goodger	Newport Harriers	59.5		*	
2	784	Iwan Hughes	Cardiff AAC	62.2			
3	25	Johnathan Rees	Chepstow Harriers	65.8			

2:30 PM Race 1

Record 2.30.43, Liam Hardee, Newport, 2009

New East Division League Record

Pos	Bib	800m U15B	Club	Perf.	WS	AW	Grade
1	251	Stephen Scarfi	Cwmbran Harriers	2:23.6			
2	480	Liam Hardee	Newport Harriers	2:28.4			
3	249	Charlie Walker	Cwmbran Harriers	2:31.4			
4	489	Jack Fear	Newport Harriers	2:38.4			
5	122	Rodri Davies	Aberdare VAAC	2:49.4			

3:40 PM

Record 5.08.92, Ben Jones, Cwmbran, 2009

New East Division League Record

Pos	Bib	1500m U15B	Club	Perf.	WS	AW	Grade
1	118	Tomos Adler	Aberdare VAAC	5:04.5			
2	24	Rhys Penny	Chepstow Harriers	5:21.6			
3	26	Will Loney	Chepstow Harriers	5:23.6			

1:30 PM Race 1

Record 12.52, Tyron Blake, Cwmbran, 2009

New East Division League Record

Pos	Bib	80m Hurdles U15B	Club	Perf.	WS	AW	Grade
1	221	Tyron Blake	Cwmbran Harriers	12.3		*	G2
2	786	Ben Pearce	Cardiff AAC	12.8		*	G3
3	775	Jonathon Bailey	Cardiff AAC	13.0		*	G4
4	779	Josh Selway	Cardiff AAC	13.5		*	G4
5	701	James Sharrem	Cardiff AAC	13.5		*	G4
6	21	Tom Prewett	Chepstow Harriers	13.8		*	

4:45 PM

Record 54.53, Team, Cardiff, 2009

New East Division League Record

Pos	Bib	4 x 100 relay U15B	Club	Perf.	WS	AW	Grade
1	298	U15 Scoring Team	Cwmbran Harriers	52.10			
2	798	U15 Scoring Team	Cardiff AAC	53.00			
3	96	U15 Scoring Team	Chepstow Harriers	56.50			
4	498	U15 Scoring Team	Newport Harriers	59.00			

2:10 PM

Record 1.53, Ffion Bodilly, Cardiff, 2009

New East Division League Record

Pos	Bib	High Jump U15G	Club	Perf.	WS	AW	Grade
1	711	Ffion Bodilly	Cardiff AAC	1.57		*	G1
2	476	Bethan Hill-Howells	Newport Harriers	1.51		*	G2
3	475	Bethan Wakefield	Newport Harriers	1.45		*	G3
4	736	Laura Trigg	Cardiff AAC	1.40		*	G4
5	738	Lucy Daly	Cardiff AAC	1.35			
6	126	Katie Matthias	Aberdare VAAC	1.35			
7	740	Rebecca Davies	Cardiff AAC	1.35			
8	718	Bethan Ellis	Cardiff AAC	1.30			
9	27	Darcy Wright	Chepstow Harriers	1.25			
10	477	Megan Coe	Newport Harriers	1.25			
11	739	Olivia Dyer	Cardiff AAC	1.20			

11:30 AM

Record 0, No Record Set, , 2009

New East Division League Record

Pos	Bib	Pole Vault U15G	Club	Perf.	WS	AW	Grade
1	738	Lucy Daly	Cardiff AAC	2.50		*	G3

11:30 AM

Record 4.39, Bethan Hill-Howells, Newport, 2009

New East Division League Record

Pos	Bib	Long Jump U15G	Club	Perf.	WS	AW	Grade
1	475	Bethan Wakefield	Newport Harriers	4.84		*	G2
2	476	Bethan Hill-Howells	Newport Harriers	4.37		*	G4
3	28	Paige Wright	Chepstow Harriers	4.12			
4	29	Lily Harris	Chepstow Harriers	3.81			
5	477	Megan Coe	Newport Harriers	3.72			
6	736	Laura Trigg	Cardiff AAC	3.65			
7	734	Izzy Lewis	Cardiff AAC	3.60			
8	328	Connie Stowell	Hereford AC	3.54			
9	735	Jade Agririou	Cardiff AAC	3.44			
10	320	Tasha Webster	Hereford AC	3.23			
11	124	Naomi Richardson	Aberdare VAAC	3.03			
12	737	Laura Woods	Cardiff AAC	2.98			

3:40 PM

Record 8.57, Melissa Arthur, Newport, 2009

Pos	Bib	(3.00kg) Shot U15G	Club	Perf.	WS	AW	Grade
1	735	Jade Agririou	Cardiff AAC	6.72			
2	318	Katherine Evans	Hereford AC	6.20			
3	257	Danielle Preece	Cwmbran Harriers	5.68			
4	478	Chloe Powell	Newport Harriers	5.25			
5	700	Aleisha Ernest	Cardiff AAC	4.40			
6	330	Jenny Grech	Hereford AC	2.20			

3:00 PM

Record 15.47, Katie Hall, Aberdare, 2009

New East Division League Record

Pos	Bib	(1.0kg) Discus U15G	Club	Perf.	WS	AW	Grade
1	319	Emma Crooke	Hereford AC	32.49		*	G1
2	731	Chloe Phillips	Cardiff AAC	15.97			
3	125	Katie Hall	Aberdare VAAC	14.68			
4	257	Danielle Preece	Cwmbran Harriers	14.35			
5	318	Katherine Evans	Hereford AC	13.74			
6	28	Paige Wright	Chepstow Harriers	12.15			
7	719	Catrin Griffiths	Cardiff AAC	11.28			
8	478	Chloe Powell	Newport Harriers	9.66			
9	742	Tara James	Cardiff AAC	8.39			

11:00 AM

Record 30.84, Emma Crooke, Hereford, 2009

New East Division League Record

Pos	Bib	(3.00kg) Hammer U15G	Club	Perf.	WS	AW	Grade
1	319	Emma Crooke	Hereford AC	38.33		*	G1
2	318	Katherine Evans	Hereford AC	17.24			
3	731	Chloe Phillips	Cardiff AAC	15.92			

12:20 PM

Record 31.21, Melissa Arthur, Newport, 2009

New East Division League Record

Pos	Bib	(600g) Javelin U15G	Club	Perf.	WS	AW	Grade
1	319	Emma Crooke	Hereford AC	31.73		*	G1
2	477	Megan Coe	Newport Harriers	28.94		*	G2
3	321	Jade Williams	Hereford AC	15.23			
4	478	Chloe Powell	Newport Harriers	14.96			
5	735	Jade Agririou	Cardiff AAC	14.29			
6	737	Laura Woods	Cardiff AAC	7.25			
7	734	Izzy Lewis	Cardiff AAC	5.01			
8	718	Bethan Ellis	Cardiff AAC	4.73			

11:30 AM

Record 1.45, Tyron Blake, Cwmbran, 2009

New East Division League Record

Pos	Bib	High Jump U15B	Club	Perf.	WS	AW	Grade
1	221	Tyron Blake	Cwmbran Harriers	1.66		*	G2
2	778	Ashley Bundy	Cardiff AAC	1.45			
3	765	Adrian Lawrence	Cardiff AAC	1.45			
4	788	William Hutton	Cardiff AAC	1.35			
5	784	Iwan Hughes	Cardiff AAC	1.30			
6	24	Rhys Penny	Chepstow Harriers	1.20			
7	20	Tom Leney	Chepstow Harriers	1.15			

11:30 AM

Record 0, No Record Set, , 2009

New East Division League Record

Pos	Bib	Pole Vault U15B	Club	Perf.	WS	AW	Grade
1		Event did not take place					

2:50 PM

Record 4.85, Jonathan Bailey, Cardiff, 2009

New East Division League Record

Pos	Bib	Long Jump U15B	Club	Perf.	WS	AW	Grade
1	252	James Perry	Cwmbran Harriers	5.45		*	G3
2	225	Trafford Squire	Cwmbran Harriers	5.19		*	G4
3	781	Lewys Jones	Cardiff AAC	5.16		*	G4
4	327	Perry fry	Hereford AC	4.80		*	
5	782	James Gough	Cardiff AAC	4.72			
6	23	Cobi Robinson	Chepstow Harriers	4.61			
7	775	Jonathon Bailey	Cardiff AAC	4.51			
8	24	Rhys Penny	Chepstow Harriers	4.39			
9	123	Brandon Sherwood	Aberdare VAAC	4.36			
10	26	Will Leney	Chepstow Harriers	4.14			
11	765	Adrian Lawrence	Cardiff AAC	3.94			
12	249	Charlie Walker	Cwmbran Harriers	3.92			
13	21	Tom Prewett	Chepstow Harriers	3.90			
14	326	Mathew Bennet	Hereford AC	3.53			
15	489	Jack Fear	Newport Harriers	3.36			

12:20 PM

Record 12.96, Matthew Field, Aberdare, 2009

Pos	Bib	(4.00kg) Shot U15B	Club	Perf.	WS	AW	Grade
1	119	Matthew Field	Aberdare VAAC	12.90		*	G1
2	253	Jordan Peake	Cwmbran Harriers	10.48		*	G4
3	325	Thomas Fellows	Hereford AC	8.21			
4	487	Tomos Williams	Newport Harriers	8.05			
5	784	Iwan Hughes	Cardiff AAC	7.29			
6	780	Deon Garrison	Cardiff AAC	6.44			
7	326	Mathew Bennet	Hereford AC	5.76			
8	777	Aiden Key	Cardiff AAC	5.59			
9	701	James Sharrem	Cardiff AAC	5.36			
10	488	Matt Arnold	Newport Harriers	5.07			

3:50 PM

Record 36.33, Matthew Field, Aberdare, 2009

Pos	Bib	(1.25kg) Discus U15B	Club	Perf.	WS	AW	Grade
1	119	Matthew Field	Aberdare VAAC	39.08		*	G1
2	250	Tom Norton	Cwmbran Harriers	28.42		*	G4
3	325	Thomas Fellows	Hereford AC	22.89			
4	765	Adrian Lawrence	Cardiff AAC	20.36			
5	487	Tomos Williams	Newport Harriers	19.76			
6	780	Deon Garrison	Cardiff AAC	18.25			
7	326	Mathew Bennet	Hereford AC	14.17			
8	781	Lewys Jones	Cardiff AAC	13.83			
9	26	Will Leney	Chepstow Harriers	11.21			

11:00 AM

Record 20.95, Thomas Fellows, Hereford, 2009

Pos	Bib	(4.00kg) Hammer U15B	Club	Perf.	WS	AW	Grade
1	325	Thomas Fellows	Hereford AC	20.46			
2	488	Matt Arnold	Newport Harriers	18.95			

1:10 PM

Record 37.80, Tom Norton, Cwmbran, 2009

New East Division League Record

Pos	Bib	(600g) Javelin U15B	Club	Perf.	WS	AW	Grade
1	250	Tom Norton	Cwmbran Harriers	42.96		*	G1
2	253	Jordan Peake	Cwmbran Harriers	35.06		*	G4
3	119	Matthew Field	Aberdare VAAC	31.60		*	
4	788	William Hutton	Cardiff AAC	28.44			
5	251	Stephen Scarfi	Cwmbran Harriers	27.78			
6	25	Johnathan Rees	Chepstow Harriers	23.55			
7	780	Deon Garrison	Cardiff AAC	20.58			
8	776	James Mclean	Cardiff AAC	20.41			
9	489	Jack Fear	Newport Harriers	19.96			
10	782	James Gough	Cardiff AAC	17.89			
11	787	Joe Jones	Cardiff AAC	14.78			
12	20	Tom Leney	Chepstow Harriers	13.89			